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PARKS & REC

NORTHAMPTON

Fall 2020 Program Guide

www.northamptonma.gov/recreation
413-587-1040

Northampton Parks & Recreation Department
100A Bridge Road, Florence, MA 01062

Phone: 413-587-1040

Fax: 413-587-1045

Email: recreation@northamptonma.gov **Website:** www.northamptonma.gov/recreation

Office Hours: The office is closed to the public. Check website for updates.

Registration:

- Online registration is available and encouraged for our programs.
- Residents have priority for most programs.
- Go to our website for details and the links: www.northamptonma.gov/recreation
- You may also drop the registration in our mailbox next to our office door.
- You may also mail in the registration form, but please be aware that is not the most efficient process.
- Note that that when you are registered into our database you should receive a confirmation email. If you do not hear from us, please contact us.
- Registrations are accepted on a first come first serve basis.

Financial Assistance:

- Is available to residents of Northampton, Florence and Leeds.
- Confidential applications may be made to the Parks & Recreation Department, inquire by email at recreation@northamptonma.gov. If a hardship exists the applicant may be granted a reduction in fee at the discretion of the Parks & Recreation Staff. All participants are required to pay at least 50% of the program fee.

Participation Guidelines due to COVID

All in-person programs are currently structured to adhere to the guidelines provided by the State of Massachusetts and Northampton Board of Health. We kindly ask that you support safe programming by adhering to the following general guidelines set forth for all programs to help protect the well-being of our community. Programs will have more details and guidance. Note these are subject to change.

Participants are asked to:

- Maintain a social distancing of at least 6 feet between non-household individuals.
- Wear a face covering over your nose and mouth at all times. (Exceptions can be made for people with medical conditions or disabilities that prevent them from wearing a face covering.)
- Wash your hands vigorously and frequently.
- Use hand sanitizer if hand washing is unavailable.
- Avoid touching your face.
- Cover your cough/sneeze.
- Bring your own source of water.
- Bring your own equipment, as needed or indicated for each program.

We ask that you do not participate in in-person classes or visit our facilities if you:

- Have been in contact with anyone who has tested positive for COVID-19
- Are experiencing any symptoms of COVID-19.

www.northamptonma.gov/recreation
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Youth Sports Programs

Introduction to Soccer

For: Grade K, Coed League
Boys Grade 1 & 2, Girls Grade 1 & 2
Days: Saturdays
Times: Program will be for 1 hour.
There will be staggered start times
from 9:00 - 11:30am
Dates: Sept 12 - October 24
Fee: \$50, non-residents add \$10
Fee includes one size 3 soccer ball
per registration.
Location: Florence Rec Fields,
157 Spring St., Florence

- This is an instructional program run by Parks & Recreation utilizing parent volunteers to teach the fundamentals of the game of soccer.
- There will be no games or scrimmages. These will be fun drills & skills that will allow for social distancing.
- Each child will be placed on a team and receive a soccer ball that the players will use for the program.
- Each participant will need to wear a mask.

Recreation Soccer

For: Boys & Girls, Grades 3 - 6
Days: Various Week nights depending on
coaches availability
Dates: Sept 14 - October 24
Fee: \$50, non-residents add \$10
Location: TBA

This is an instructional program designed to be the next step for players that want to play soccer but are not interested in a competitive travel program. There will be no games or scrimmages. These will be fun drills & skills that will allow for social distancing. Each participant will need to wear a mask.

Youth Cross Country

For: Boys & Girls, Grades 3-5 & Grades 6-8
Days: Sundays
Times: Grades 3-5: 3:30-4:30pm
Grades 6-8: 4:45 - 5:45pm
Dates: September 20 - October 25
Fee: \$50, non-residents add \$10, additional
children in the same family \$25 each
Location: Florence Recreation Fields
157 Spring St., Florence
Coach: Brandon Palmer

Runners will be placed in groups depending on age and ability. This program is suitable for serious runners and those with a casual interest alike! There will be stations with skill development, races with staggered start times, and other activities that ensure social distancing. Participants will need to wear a mask.

Field Hockey Skill Sessions

For: Players in grades 5-8
Days: Saturdays
Times: 10:30am - 12pm
Dates: September 12 - October 10
Fee: \$75, non-residents add \$10
Location: Ray Ellerbrook Field
Players must have their own stick.

This program will focus on conditioning and drills that allow for players to maintain social distancing. Players will work on ball handling, passing, and general knowledge of the game. Players will be broken down into smaller groups based on grade and ability level. Players will be required to wear a mask.



Youth Golf Lessons

For: Boys & Girls, Ages 11 -17
Days: Saturdays
Times: 9:30am - 10:30am
Dates: September 12 - October 10
Fee: \$95, non-residents add \$10
Location: Meadowcrest Driving Range, Leeds

This is an inexpensive way to introduce yourself to the game of golf. Depending on class size and material being covered, class will be approximately one hour. Wear comfortable athletic clothing and non slip shoes. Only one mid range (5, 6, or 7 iron) golf club is needed. If you don't have your own club, we may be able to supply one. Masks will need to be worn at all times.

Adult Golf Lessons

For: Anyone ages 18 and over
Days: Saturdays
Times: 10:45am - 11:45am
Dates: September 12 - October 10
Fee: \$95, non-residents add \$10
Location: Meadowcrest Driving Range, Leeds

These lessons are designed to enhance your golf skills. Depending on class size and material being covered, class will be approximately one hour. Wear comfortable athletic clothing and non slip shoes. Only one mid range (5, 6, or 7 iron) golf club is needed. Beginners and advanced players are both welcome! Masks will need to be worn at all times.

**More youth sport programs: Youth Tennis on next page;
Whiffle Ball & Kickball on page 7**

**www.northamptonma.gov/recreation
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Tennis Programs

Quickstart 1 & 2 Tennis

Quickstart Tennis uses the 10-and-Under play format for learning the game of tennis. Like other sports, playing fields and equipment are modified to reflect the age and skill development of the player. Smaller courts and low compression or foam balls are used to get kids to actually play tennis quicker.

Quickstart 1 Tennis

For: Boys & Girls, Ages 5-7

Days: Saturdays

Times: 9:00 - 10:00am

Dates: August 29 - September 26

Fee: \$65, non-residents add \$10

Location: JFK Tennis Courts

Quickstart 2 Tennis

For: Boys & Girls, Ages 8 - 10

Days: Saturdays

Times: 10:15 - 11:15am

Dates: August 29 - September 26

Fee: \$65, non-residents add \$10

Location: JFK Tennis Courts

Hotshot Tennis

For all levels of players, they are divided by ability. Beginners will learn the fundamentals and the more advanced players will work on perfecting their skills and strategies.

For: Boys & Girls, Ages 10 - 14

Days: Saturdays

Times: 11:30 - 12:30pm

Dates: August 29 - September 26

Fee: \$65, non-residents add \$10

Location: JFK Tennis Courts

Adult Intermediate Tennis

A fast paced workout with lots of drills and games. Play situations, movement, and patterns of play are incorporated. Players should be able to hit cooperatively with others and sustain a rally with both ground strokes and volleys.

Days: Tuesday & Thursday

Time: 5:30 - 7:00pm

Location: JFK Tennis Courts

Dates: August 25 - September 17

Fee: \$75, non-residents add \$10

Students may drop in for \$15/class (\$18/class for non-residents)

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Adult Programs

Zumba® in the Park

For: Adults

Days: Wednesdays

Times: 6:00 - 7:00pm

Dates: Sept 9 - October 14

Fee: \$40, non-residents add \$10

**Location: Florence Recreation Fields
157 Spring Street, Florence, MA**

Stay healthy and be fit this Fall having fun in the park moving to the beat of Zumba® Fitness Latin and world rhythms. Patricia is licensed in Zumba® Instruction and AFAA certified fitness professional.

Knitting

For: Adults

Days: Wednesdays

Times: 4:00 - 6:00pm

Dates: Sept 9 - October 14

Fee: \$40, non-residents add \$10

**Location: Maines Field Pavilion
525 Riverside Drive, Florence, MA**

All skill levels are invited to work on their own projects while receiving assistance from the instructor. She will provide skilled help with basic and difficult techniques as needed. These techniques include turning a heel, button holes, continental style, color work, seaming and more.

Sunset Yoga

For: Adults

Days: Mondays

Times: 4:30 - 5:30pm

Dates: Sept 14- October 26

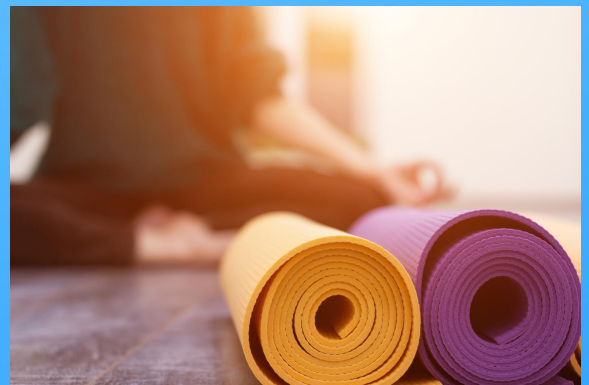
(No Class October 12)

Fee: \$60, non-residents add \$10

**Location: Maines Field by Ball field
525 Riverside Drive, Florence, MA**

In this all levels yoga class we will explore a variety of yoga poses, emphasizing skillful alignment so you can feel stronger, more flexible and freer as you move. We will also focus on moving with your breath and mindfulness practices so you can feel more relaxed and peaceful. Please bring your own mat and blanket. Social distancing practices will be observed.

**Watch our website
for more
program offerings!**



**www.northamptonma.gov/recreation
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Adult Sports

Adult Wiffle Ball *(co-ed)*

For: Ages 18 & over
Days: Weekends
Dates: Starting the weekend of September 12
(for 5 weeks)
Fee: Team Registration fee \$125
Location: Field location will vary
Each player needs to bring their own bat

Adult Kickball *(co-ed)*

For: Ages 18 & over
Days: Weekends
Dates: Starting the weekend of September 12
(for 5 weeks)
Fee: Team Registration fee \$250
Location: Field location will vary

Adult Kickball and Adult Wiffle Ball brings back these backyard classic games for area adults to form teams and play against others in the area! Gather your friends, make your team and sign up. Each week your team will play and challenge another group for a friendly, but high stakes game of Kickball and/or Wiffle Ball!

For more league information and to receive the roster packet please check the Parks & Rec website.

Adult Softball

These slow-pitch leagues (Men's and Coed) are run by the Parks & Recreation Department. Teams will be divided into separate divisions based on skill level if enough teams enter. More information and registration materials can be found on the Northampton Parks and Recreation Website.

4 v. 4

Sand Volleyball League

This exciting new program will be held at the Sand Volleyball Courts at Maine's Field. This Coed program will run on Saturday mornings and early afternoons from September 12 - October 10. More information and registration materials can be found on the Northampton Parks and Recreation Website.



Kids Stuff

Fall Recess Program

For: Youth entering grades 1-4
Group A: Grades 1 + 2 | **Group B:** Grades 3 + 4
Days: Saturday Mornings
Times: Group A: 9:30-10:45am | Group B: 11:00am-12:15pm
Dates: Sept 12 - October 10
Fee: \$50, non-residents add \$10 (optional \$10 fee for personal set of markers, crayons, scissors, & pencil)
Location: Arcanum Field Pavillion

Fall Recess at the Northampton Parks and Recreation department will be a fun combination of art and age appropriate craft activities and fun, physically distanced, games. Fall Recess has been broken down into different sections, so your child can enjoy some fun with kids their age! Each program and each section will be safely staffed for the five total sessions.

Youth Wiffle Ball

For: Youth entering grades 2-5
Days: Sunday morning
Times: 10-11:15am
Dates: Sept 13 - October 11
Fee: \$50, non-residents add \$10
- Each participant will need to bring their own standard wiffle ball bat.
Location: McDonald Field at Arcanum Field, North Maple Street

Youth Wiffle ball is a popular backyard classic! Each week's meetup kids will be split into 2 teams and will play up to 1 to 2 games each time. Run some bases, practice your home run swing, and have some fun!

Can you run and laugh at the same time?

No experience with wiffle ball or kickball is needed or required to play.

Youth Kickball

For: Youth entering grades 2-5
Days: Sunday morning
Times: 11:30am-12:45pm
Dates: Sept 13 - October 11
Fee: \$50, non-residents add \$10
Location: McDonald Field at Arcanum Field, North Maple Street

Youth Kickball is a backyard and gym class classic! Each week's meetup kids will be split into 2 teams and will play up to 1 to 2 games each time. Run some bases, kick the ball as far out as possible, and have some fun!



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Kids Stuff

Middle School Kickball League

For: Youth entering grades 6-8
Days: Sunday Afternoon
Times: 1:00-2:30pm
Dates: Sept 13 - October 11
Fee: \$50, non-residents add \$10
Location: McDonald Field, at Arcanum Field
293 North Maple Street, Florence, MA

Middle School Kickball is a gym class classic and will be a fall program at the Northampton Parks & Recreation department. Sign up, gather a few of your friends and the Rec department will form your team. Each week your team will play and challenge another group for a friendly, but high stakes game of Kickball!

Youth Bracelet Making

For: Youth entering grades 3-6
Days: Tuesday
Times: 4:30pm - 6:00pm
Dates: Sept 15 - October 13
Fee: \$50, non-residents add \$10
Location: Arcanum Field Pavilion
263 North Maple Street, Florence, MA

Join Youth Bracelet Making to learn and practice this summer camp fave! Each week's meetup will focus on a different type/style of bracelet making. Learn how to use embroidery floss, lanyard, and other materials to create your classic summer camp friendship bracelet. Learn different tools to create different designs and expand your skills.

Teen Strength & Training Seperate Classes for Boys & Girls

For: Girls Ages 11-18 & Boys Ages 11-14
Days: Girls: Saturday Mornings 9-10am
Sept. 12, 26 & Oct. 3
Boys: Tuesday Evenings 5-6pm
Sept. 15, 22, 29
Fee: \$36, non-residents add \$10
Location: Arcanum Field (next to the Pavilion)
263 North Maple Street, Florence, MA

In this class, learn how to properly workout, with proper form depending on the exercise. Learn how nutrition and healthy eating impact your overall health. The instructor will be mixing in games to keep participants engaged, moving and having fun. Proper strength training is essential for everyone, not just athletes. The instructor will also offer sport specific training for athletes. Jordan Daniels has played and currently coaches a multitude of high school sports.



Red Cross Babysitter's Training Course with Infant and Child First Aid, CPR, & AED



*For Youth
Ages 11 to 15*

*Gain the skills and
confidence you need to
be the best babysitter
on the block.*

Days: Saturdays
Times: 1:00 - 4:00pm
Dates: September 12, 19, 26 & Oct 3
Fee: \$90, non-residents add \$10
Location: Outside next to NPRD Office,
JFK Middle School
100A Bridge Road Florence, MA

Wicked Cool for Kids Programs

Wicked Cool for kids is a small Massachusetts business providing customized on-site enrichment programs for kids for over ten years. They partner with community based organizations to provide high quality experiences that are affordable and educational. The programs are based on three fundamental principals: learning, fun and safety. Kids learn at their own pace and investigate freely.

Big Dig!

For: youth grades Kindergarten & 1st

Days: Tuesdays

Times: 4:15 - 5:15pm

Dates: Sept 22 - October 27 (6 classes)

Fee: \$142, non-residents add \$10

Location: Florence Recreation Field Pavillion

Instructor: Wicked Cool for Kids staff

Paleontologist? Geologist? Archaeologist?

You'll dig our most dino-centric class yet.

Unearth the secrets of ancient Egypt to see how

Pharaoh was buried and then make your own mini mummies. Create colossal fossils and learn about your favorite dinosaurs as we travel back in time. Dig up a cool crystal collection to take home with you as you excavate Earth's buried treasures.

Deep Blue Sea

For: youth grades Kindergarten & 1st

Days: Tuesdays

Times: 4:15 - 5:15pm

Dates: Nov. 10 - Dec. 15 (6 classes)

Fee: \$142, non-residents add \$10

Location: TBA

Instructor: Wicked Cool for Kids staff

If you have ever wanted to be a Marine Biologist or an oceanographer, come take the plunge into the Deep blue sea! Create models of ocean invertebrates and a dazzling coral garden. Dive deep with Dolphins and find out about the fish with bioluminescence (emit light.) Tame the tides and ride the waves in this wicked cool oceanic adventure!

LEGO Engineering Concepts

For: youth grades 2 - 5

Days: Wednesdays

Times: 4:15 - 5:15pm

Dates: Sept 23 - October 28 (6 classes)

Fee: \$142, non-residents add \$10

Location: Florence Recreation Field Pavillion

Instructor: Wicked Cool for Kids staff

In Lego Engineering Concepts investigate simple machines including gears, pulleys, cams inclined planes and ratchets. Challenging STEAM based projects include a measuring car, fishing rod and a balance. Through the building process learn about force and motion, gear ratios and friction. Turn a hammer into a dancing clown and work with your partner to create the best street sweeper.

LEGO Engineering Machine Power

For: youth grades 2 - 5

Days: Wednesdays

Times: 4:15 - 5:15pm

Dates: Nov 4 - Dec 16 (6 classes) No class 11/11

Fee: \$142, non-residents add \$10

Location: TBA

Instructor: Wicked Cool for Kids staff

Machine power looks at the uses of energy to power machines. We'll use wind power, mechanical energy and chemical energy to propel our drag racers, dog bots and land yachts. Find out which leg design will help your bugbot win the race. Determine what gear combo will let your car pull the heaviest object. Test wheel sizes to see which can help get a power car up a steep hill the fastest.

Family Programs

Observing the Night Sky- For Beginners

For: Ages 6 and older

Days: Monday evenings*

*Classes are planned for Monday evenings, however it may change due to weather and viewing visibility. If Monday isn't the best possibility, the instructor will try the next consecutive weekday.

Times: 8:00-9:00pm

Dates: Sept. 21 - October 26 (six sessions)

Fee: \$75, non-residents add \$10

Location: Florence Recreation Fields (by pavilion)

Explore the night sky this fall! Learn to identify major constellations, and enjoy views of Jupiter, Saturn, the Moon and other astronomical objects through a large telescope. This course will meet once a week, for six weeks, to ensure access to clear skies. No background knowledge necessary, but a curiosity for the night sky is a must.

If you have a participant under 18, the instructor will be in touch with you regarding participant expectations. This class will be limited to a small number of participants. Everyone will need to wear masks, and follow recommendations for social distancing.

Virtual Ultra Fitness Challenge

For: All Ages

Dates: September 1 - October 1, 2020

Fee: Free

Location: Greater Pioneer Valley Area

Northampton Parks & Recreation Virtual fitness challenge is back this fall! Tie up those laces and start working out those miles. This Virtual Ultra Fitness challenge is open to all ages and all abilities. Unlike traditional Ultra marathons (50k or 31 miles), this one will be completed over the next 31 days. You can complete this challenge by walking, running, biking, or just working out! All participants are expected to log their time and/or miles and will be provided a time to mile converter formula. The first 35 participants to complete the challenge will receive a medal!

Bonus! Out on the road and participating in this Virtual Ultra Fitness challenge? Take a photo of the activity and/or view and submit it to be featured on our Facebook and Instagram page!

Email recreation@northamptonma.gov to register!

Remember to practice safe physical distance while outside and don't forget to wear a mask when out!

Run Western Mass

Check the Parks & Rec website for more information about this ongoing virtual coaching program. Participants will learn running tips and gain access to three virtual lessons taught by USA Track & Field/Cross Country Coach Brandon Palmer. Coach Palmer will also share workouts with you and help you develop a training plan to help you reach your goals!

www.northamptonma.gov/recreation

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